



**It's not the Easter bunny**  
Although rabbits are cute and cuddly, they should not be purchased as gifts at Easter.

NEWS 9

# Spoke

**Varsity athletes honoured**  
Conestoga Athletics hand out the hardware at its annual banquet.

SPORTS 15

**Are you up to the challenge?**  
David Suzuki wants everyone to start reducing their environmental impact.

NEWS 10

Monday, April 14, 2003

Conestoga College, Kitchener

34th Year — No. 13

## CSI imposes graduation fee

By AIMEE WILSON

Graduating students will be paying approximately \$142 extra come September.

The Conestoga Students Incorporated (CSI) board of directors finalized the decision to implement a graduation fee March 25. The fee will cover a graduation package consisting of a mahogany frame, a five-by-seven headshot of the graduate, a class composite and a liripipe.

After reviewing surveys handed out to students, the above items were the most popular chosen by students. The graduation packages will be assembled and ready for students to pick up at their convocation.

Although the price may seem steep, Justin Falconer, vice-president of academics, said it's half of the cost doing it this way compared to if students were to buy the items and make the package themselves. "Considering what you get in it, I think it's a really great deal," he said.

Students currently pay \$25 to cover convocation in first year, which is non-refundable.

During discussions, the board of directors agreed to a package not exceeding \$150.

The package itself will cost an estimated \$122. The sitting fee with the photographer, which every graduate will be responsible to attend, will cost about \$20. "It's high in respect to tuition and fees, but for the actual item, it's a great value," said Falconer.

The fee will be added into the graduating year's tuition. At time of discussions, refunds were being negotiated if a student didn't graduate.

According to Falconer, the board of directors is confident the package will be well received based on feedback they have already received from students at Doon and Waterloo campuses.

"I think students will appreciate it. You're walking away with something that shows you made it."

## College No. 1 again

For the fifth consecutive year, results from the independent Key Performance Indicator (KPI) surveys show Conestoga as the overall No. 1-rated college in Ontario.

The KPI surveys are conducted annually for the Ministry of

Training, Colleges and Universities by an outside research firm.

Conestoga emerged with an overall average of 88.125, best among the 24 colleges. Tied for second place was Sault and Boreal colleges.



(Photo by Petr Cihacek)

### Comedian plays April 'fool'

Comedian Jason Rouse played the April 'fool' when he brought his act to the Sanctuary on April 1. See story Page 12.

## Death shocks college

By JEFF MORLEY

John David Stewart, director of continuing education at Conestoga College, passed away at Grand River Hospital in Kitchener, following a brief illness March 26 at the age of 54. Stewart was well-regarded and well-liked throughout the college and beyond the campus.

Dan Piedra, a program administrator with the continuing education department, said "Not only has Conestoga lost someone very important, the world has lost a great man."

Stewart was regarded as a great leader and was able to inspire those people around him. He was an honest, caring and good human being which made him popular to work with.

Piedra remembers that Stewart was instrumental in securing a position for him as program administrator. Piedra had thought that a position here would be impossible because of the administrative roadblocks. But, Stewart had always said, "Where there was a will, there was a way." Stewart offered his help and support and now Piedra has been with the college a year.

While working as director, Stewart was also teaching part-time at Brock University in St. Catharines. Prior to this, he was the chair of the Heavy Equipment School at Sheridan College.

He also served with the Canadian Armed Forces and retired as a major in 1990.

In his earlier years Stewart was involved in golf, hockey and running. In recent times, however, Stewart became a "religious runner," using his lunch breaks to put in some miles. If the weather was too bad, he would spend his time working out at the recreation centre.

Piedra said, "A lot of people felt very close to him. We lost a friend and a colleague."

Stewart leaves behind his wife, Lynda, and his two children Sarah Mary and Brendon John. He will be remembered by his brother, Kemp, and his sister-in-law Amber and his sisters, Randa and Cindy. Stewart will be missed by his nieces, nephews, family, friends and the people of Conestoga College.

In Stewart's memory the public is urged to make a donation to the Grand River Hospital Foundation or the Canadian Cancer Society.

## Outgoing CSI president will leave a legacy

By AIMEE WILSON

His hard work and dedication to Conestoga Students Incorporated (CSI) will never be forgotten.

Jon Olinski, CSI president, is leaving once his term is over. "He will leave his legacy here," said Jeff Stemmler, vice-president of communications.

Olinski has taken on a new role as the interim executive director for the College Student Alliance. "This opportunity for Jon is phenomenal," said Jody Andruszkiewicz, programmer/events co-ordinator.

Most people may not know that Olinski almost missed out on Conestoga College. If it wasn't for someone at the registrar's office who felt sorry for him, Olinski said, he might never have made it in.

"I wish I knew who it was so I could thank them," he said.

After making the decision to return to school at age 21, Olinski was accepted to Conestoga but couldn't make up his mind whether or not he wanted to go through with it. After missing the deadline to respond to the acceptance, he called



(Photo by Aimee Wilson)

From left, Justin Falconer, vice-president of academics, Jeff Stemmler, vice-president of communications, Jon Olinski, CSI president, and Jay Mielke, vice-president of student activities, pose with a boxing champion belt, which represents CSI success.

the registrar's office to see if there was still a chance for him to be accepted to the business administration-management studies program. Fortunately, he was put on a waiting list and with luck on his side, he

was given a spot in the program.

During his time in the management studies program, Olinski met a classmate who was the vice-president of the lobbying group of College Student Alliance at the

time. After sharing their concerns and opinions regarding school and student issues, Olinski realized they had a lot in common. Both felt that CSI was mainly focusing on events and not enough on the students. "Students didn't have a strong voice," Olinski said. At that time, the budget for the student union was only \$50,000 a year. It is now over \$1 million plus the health plan. "There was a need for more student representation," he said. This encouraged him to do something about it.

Soon after, he joined the CSI board of directors. From there, he moved on to be the vice-president of operations. In his final year in management studies, Olinski ran in the March 2001 election for president and succeeded. Little did Olinski know he was in for quite the learning experience.

"I'll never forget the moment," he said, adding, "I pretty much realized I was on my own."

When Olinski came into CSI in 2001, there were a lot of changes he felt needed to be made.

Continued on Page 2



# Olinski provides inspiration

Continued from Page 1

The organization had no full-time staff, no money, and no management positions to oversee anything.

When Olinski started his new position, all CSI staff, except for one person, was let go. He was also left with a deficit of \$72,000. A lot of the basic essentials of a stable organization were missing.

With that much debt, there was no money to hire anyone to fulfill the needed positions. Therefore, the first item on the agenda was to cut costs. Olinski decided to cut the concerts CSI hosted each year. According to Olinski, each concert cost \$16,000 to put on. The main reason for such a high price was the lack of venue to host them.

"It was a trial to see what worked and what didn't."

*Jon Olinski,  
CSI president*

On his own, Olinski then designed the job description for the general manager position and sent out advertisements. Fortunately, Olinski found an "awesome fit" and hired Judy Dusick.

Up next came filling the position for events co-ordinator. With volunteer and work experience in the athletic department at the University of Waterloo,

Andruszkiewicz was chosen.

According to Olinski, it took a full year to get the basics back into CSI. "It was a trial to see what worked and what didn't," he said.

Besides restructuring all of CSI, Olinski's other accomplishments over the past two years include graduating from the human resources program in 2001 and completing his credits in the general business program and general arts and science program this year.

Olinski, who is finishing his second term, also spent time working on the academic appeal process. Prior to his involvement, students who failed one class were terminated from their program. Olinski felt the process was informal, unclear and unjust. In the end, Olinski helped implement a new policy, which provided fairer treatment to students.

Olinski said one of the most important things he has learned while being president is it's OK to fail. Although he did well in his studies, it was hard for him to accept failure when plans didn't work out for CSI. He said that not everyone in the past had been open to changes. "It can be quite a battle," he said, adding, "Some days it really wears on you."

The second important thing he's learned from being president is to have balance in your life. "You have to take care of yourself," he said. Olinski also passed on this

advice to Justin Falconer, vice-president of academics, who is the incoming president. "Jon's been a really good teacher," said Falconer, adding, "He always seems to know the answer."

The third most important thing he's learned is to say thank you. "We don't thank people enough," Olinski said, adding, "We need to show appreciation for people's efforts." He said he gets his inspiration from people who have taken a chance to affect change. "When I see that, it really inspires me to do the same," he said.

He also has provided some of his own inspiration around the CSI office. According to Stemmler, Olinski never misses key points because of his knack for detail and thoroughness. "There will be a void when he's gone," said Stemmler.

"We need to show appreciation for people's efforts."

*Olinski*

Olinski said one of the key qualities that assisted him as president was the ability to "see the big picture." He acknowledged everyone in his decision-making. "Being a college student isn't just coming out of high school," he said. It is important to acknowledge the moms, the dads, everyone who goes to college.

Although Olinski has many vivid memories while working for CSI, he's left some of his own among the office. Andruszkiewicz, who is also Olinski's roommate, remembers most vividly the time when Olinski lost a bet on a hockey game. Students may have seen Olinski wearing a dress to school one day last year. Unfortunately for Olinski, he had to attend a conference that day with the minister of education present. "We had a good laugh about it," said Andruszkiewicz.

Although Olinski is starting a new path, he will be missed by many. "I'm really happy and thankful that I've gotten to do this," he said, adding, "And I'm thankful to those who have been supportive."



(Photo by Petr Cihacek)

Dianne Murphy (right), program facilitator for the Focus for Employment program, receives a gift from Shana White during a graduation ceremony at Kitchener's prison for women April 4.

## Inmates graduate with certificates

By PETR CIHACEK

For Carol Andrews, being in prison is a gift in the sense that she obtained an education she would not be able to get otherwise.

"A few years ago, I never thought I would be doing a college course, let alone my Grade 12 diploma," said Andrews during her April 4 graduation ceremony speech at the women's prison in Kitchener. "I've completed both and I wouldn't get this far if I was outside."

Andrews is one of the 10 inmates of Grand Valley Institution who graduated from Focus for Employment, a Conestoga College program designed to help students plan their life and job opportunities in preparation for their release.

"I've seen many girls who got out of prison and had no destination," said Jackie To shortly before the graduation ceremony. "But here we have this program, we got our confidence back and, hopefully, we'll be better citizens."

The 12-week program focused on personal management, career building and employment strategies. And from what the students had to say, the success of the program was miraculous.

"When I came here I was really broken (because) I'm HIV positive and on methadone," said Tammy Dryden. "But (the program) gave me the self-esteem and confidence to go out to the community and be productive."

According to Dianne Murphy, the program facilitator, many of her students had to struggle with problems such as drug addiction and lack of family support. But their personal strength and persistence was the key to success in the program.

"I've learned so much about the true strength of a woman," said Murphy. "These ladies had to overcome many obstacles in their lives and they persevered."

Murphy also said the success of the program proved that people can change and that the stereotype of imprisoned women is wrong.

"Not everybody who is in prison is bad," said Christy, who preferred not to disclose her last name. "We are people, we have dreams and

goals. We've just made bad choices."

During the 12 weeks, students completed their portfolios, learned how to handle job interviews and met with a number of local employers. And besides self-esteem, confidence and a clear plan for the future, they also got a college certificate, something few of them thought they would ever have.

"I don't even have my high school diploma yet and now I have a college certificate," said Shana White who couldn't sleep the night before the graduation. "I've learned so much about myself and about the world. With the (education) I have now, my choices are endless."

The ceremony took place in the Spirituality Room in the main building of the facility. And even though it was full of prisoners, it looked more like a high school than a prison for federal offenders. Inmates freely roamed the hall and many of them came to the Spirituality Room to watch the graduation and listen to speeches.

"I've learned about the true strength of a woman."

*Dianne Murphy,  
program facilitator*

"The program has given me choices I wish I knew before I did what I did to end up here," said White during her ceremony speech. "I am prepared to go back into the community with confidence, knowing that I have so many choices and opportunities."

On behalf of the class, White thanked Murphy and gave her a token of appreciation, a bracelet with charms.

Murphy, thanked her students and said the gift was "amazing." As she gave students their college certificates and portfolios she said they were full of "hope and belief."

The Focus for Employment program, which is funded by the Ministry of Training, Colleges and Universities, will be offered at the prison again in January.

### Conestoga Christian Fellowship

### Bible Study

When: **Thursdays, 5:30 p.m.**  
Where: **1D17**

*For all interested or with questions. Enjoy the fellowship of friends.*

### LOOKING FOR A JOB?

### PART-TIME, FULL-TIME, SUMMER OR CONTRACT

JOB OPPORTUNITIES EMPLOYERS HAVE FOR YOU ARE NOW AVAILABLE ON-LINE AT:

[www.workopolisCampus.com](http://www.workopolisCampus.com)

STOP BY THE CAREER SERVICES OFFICE IN ROOM 2B04 (DIRECTLY ACROSS FROM THE NURSE'S OFFICE) TO OBTAIN THE COLLEGE ACCESS CODE.

GREAT OPPORTUNITIES ARE WAITING FOR YOU!

Conestoga  
College

workopolisCampus.com  
CANADA'S HUBST FOR SITE FOR STUDENTS



# K-W girl may have SARS

By BRANDI STEVENSON

The first suspected case of SARS in Waterloo Region was reported at Grand River Hospital in Kitchener April 9.

Severe Acute Respiratory Syndrome (SARS), which had claimed 10 lives in Canada as of press time, had been occurring mainly in the Greater Toronto Area (GTA). However, a young Waterloo Region girl, whose family recently returned from China, was diagnosed as having a suspected case of SARS last week.

However, the public is being told there is no need to panic.

Jan Keller, a member of the communicable disease team with the Region of Waterloo Public Health Unit, said, "The risk here is very minimal."

The cause of the disease is still unknown, but provincial officials said in a March article at [www.cbc.ca/news](http://www.cbc.ca/news), that it is most

likely a virus. SARS is suspected to have originated in China, where cases were reported as early as last November.

So far, there are 217 probable or suspect cases in Canada with 190 of them in the GTA. The latest victim died on April 1, but it took health officials several days to verify that it was SARS.

Part of the reason this disease has spread so quickly is because it is hard to identify.

"Symptoms of SARS are very common to many other respiratory illnesses," Keller said, adding, "It has to be diagnosed just by exclusion of other illnesses."

She said officials are trying to develop a screening test, and it could come within days or weeks.

Although the number of cases has been increasing, there is still some good news. "There's only a four per cent mortality rate, and most people that have had it are recovering and have recovered,"

she said. CBC news reported that 35 SARS patients have been treated and released.

There are specific criteria to verify a probable or suspect SARS case. Health Canada's Web site, [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca), said a suspect case is a person with a fever of 38 C or higher, and has one or more respiratory symptoms, such as dry cough, shortness of breath or difficulty breathing, and they have either travelled to areas in Asia reporting SARS within 10 days, or they have been in close contact with a probable or suspect case.

A probable case is similar to a suspect case, but they usually have a more serious illness.

A new criterion for diagnosing the syndrome was added on April 1. Keller said anyone who has a fever over 38 C, a respiratory symptom and has come in contact with a cluster of SARS cases should also be on alert. "(A cluster) is where there are actual cases being cared for by health-care workers," she said, listing Scarborough Grace and York Central Hospitals as cluster areas. She said anyone who entered those hospitals between March 16 and 26 were quarantined, or monitored, for signs and symptoms of the disease for 10 days.

She advised those who meet the criteria for SARS in the area to contact authorities by phone, rather than in-person. She said, "They shouldn't go to the emergency room because we don't want people entering areas where there's numbers of people that could be at risk."

Instead, she said they should call their family doctor, any health clinic or the health unit to be assessed by phone. Then, they'll be put in isolation and assessed by local infectious disease specialists.



(Photo by Brandi Stevenson)

Protective masks and gloves are worn by health-care professionals and other hospital employees to prevent the spread of SARS.



(Photo by Diana O'Neill)

Melissa Bean is the recipient of the Campus Living Centres Inc. Academic award presented by John Kolbynik, Jan Zylstra and Paul Holowaty.

## LASA student wins campus living award

By DIANA O'NEILL

Melissa Bean won the Campus Living Centres Incorporated Academic Award on April 1.

"Her contributions and all the time she dedicated to residence life was very significant," said director of operations Jan Zylstra, adding, "She had a great impact."

The 20-year-old police foundations student was presented with a \$250 cheque from Paul Holowaty, executive vice-president of Campus Living Centres Inc., Zylstra and John Kolbynik, general manager, at Conestoga Residence and Conference Centre.

"I give my congratulations on behalf of the company," Holowaty told Bean, adding, "We also would like to wish you the best of luck in your future endeavors."

It was the first year the award was presented and it is being offered at all other schools that have a Campus Living Residence and Conference Centre.

Conestoga College was responsible for the screening and the selection of the winner, while Campus Living Centres Inc. sponsored the award, set out the criteria and helped with the applications.

"It's better that the college does the actual selection process because we don't want to be accused of favouritism," Holowaty said, adding, "It avoids all conflicts of interest."

The criteria for the award stipulated that students had to live full time in a residence managed by Campus Living Centres Inc. and

had to maintain a C-plus average or better. Students must also contributed to student life at the educational institution through sports, social and academic activities.

Bean met all the criteria and more, so she applied for the award at the end of February. Holowaty described her as a voice for the students, as she was a representative for the Conestoga Residence Operating Committee.

"It requires me to sit in on meetings every two months during the school year," Bean said, adding, "We discussed topics including incidents that occur at residence, behavioural contracts, surveys and security."

She also ran a bingo night, helped organize dinners throughout the year and continually helps with the 50/50 draws. Bean is an active member of the social orientation staff, which is a group at the residence designed to provide assistance for students moving in at the beginning of the school year.

"It was fun to volunteer and help throughout the year, so it felt good to be appreciated for that," Bean said, adding, "It's nice to see that I had made a positive impact on residence life."

Holowaty said the award is to show support to the schools that are their clients and that it's important to give back.

"The college experience is not only about the academic side, but also about making memories and that needs to be encouraged," he said, adding, "We hope to grow this award program in the future."

## New program offered

By NICK HORTON

Conestoga College has a new post-diploma program.

This coming September, Conestoga will be offering a certificate program called the youth recreation leadership post-diploma program.

Applicants who wish to apply must have a diploma or a degree related to human development or human well-being.

Tuition will be around \$1,000, plus about \$300 for books. The college is accepting around 20 applicants, ensuring a small class size.

"We think with a more intimate group we can get to know the learner and also get their input as far as changes," said youth recreation leadership program co-ordinator Norma McDonald-Ewing.

The program will be offered in a 16-week fast-track format, meaning students will spend Monday,

Tuesday and Wednesday in class, while the Thursday and Friday will be spent on placement at a pre-approved youth agency.

Conestoga is offering the program after a 1999 in-depth review revealed the need for a post-diploma program in youth recreation leadership. A market field research study also revealed the need for the program in Ontario.

Graduates of the program will find jobs as youth co-ordinators for municipalities or as youth workers in private industry.

"A lot of private industry, places like Sportsworld, Bingemans and Ontario Place, could hire child and youth workers. A lot of the jobs seem very interesting and a lot of fun," said McDonald-Ewing.

A few of the courses offered in the program include recreation programming for youth, intervention and referral counselling skills, and introduction to youth and youth cultures.

\*Not valid with any other offer. At participating McDonald's Restaurants in Ontario. Offers at participating Restaurants may vary from those shown.

### McDeal™

Playing your favourites, every day of the week.



McDeals™  
every day  
of the week. **\$1.69**  
PLUS TAX

MONDAY



Big Xtra®

TUESDAY



Big Mac®

WEDNESDAY



McChicken®

THURSDAY



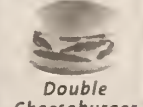
2 Cheeseburgers

FRIDAY



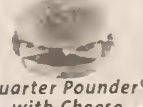
Filet-O-Fish®

SATURDAY



Double Cheeseburger

SUNDAY



Quarter Pounder®  
with Cheese

© 2003 McDonald's Restaurant of Canada Limited. For the exclusive use of McDonald's Restaurants of Canada Limited and its franchisees.



## Media keeps level head with SARS

Canadians are facing a new health risk but, thanks to the media, things have not gotten out of control.

Severe acute respiratory syndrome (SARS) has been responsible for the death of nine Canadians, as of April 6. According to Health Canada, SARS is a condition where those infected develop a fever, followed by mild respiratory symptoms. These include coughing, shortness of breath and difficulty breathing. Other symptoms are headaches, muscle aches and sore throat. In some instances the respiratory symptoms become severe and the victim requires oxygen support. Only in rare cases is SARS fatal.

The media hasn't made SARS appear like a rapidly spreading epidemic. It has been reporting accurate numbers of infected patients.

All cases of SARS in Canada have been linked to those who have travelled to Asia (the place where SARS is believed to have originated) and those who have had close contact with someone infected with SARS.

Newspapers and news stations have been careful to state that (as of April 6) no sporadic cases of the syndrome have been detected in Canada, and therefore there is no reason for the public to panic.

The media has been cautious not to make the public believe that anyone who has passed an infected person on the street is at risk of contacting the syndrome.

It has made sure to describe that close contact means being close enough to have the infected person's saliva or respiratory secretions on you.

In Canada, Ontario has been affected the most by SARS with 87 reported probable cases and 92 suspected cases. The media has not blown the issue out of the water by making it sound as if 87 cases are an astronomical amount. After all, right now about 7,060 people in Ontario are infected with AIDS.

The only sensationalizing of SARS in the media so far has been from the Toronto Sun. A few weeks ago, the front cover contained the image of a child wearing a surgical mask with the word SARS printed in bold underneath it. This image creates a false sense of fear in the public. It suggests that everyone is at risk and should be wearing masks.

However, Health Canada says that surgical masks should be reserved for those who are at high-risk, such as doctors and hospital workers.

Other than this, the media has done a good job of reporting the facts about SARS without causing a nationwide panic. News stations aren't giving around the clock SARS updates and SARS usually isn't even the top story.

However, if the war on Iraq was not going on, perhaps SARS would be a hotter topic. When the first case of the West Nile virus was found in Canada, it was plastered all over the news. The war in the Middle East seems to have distracted a lot of attention away from SARS.

Overall, the media has provided the public with accurate and well balanced reporting on SARS. It has not sensationalized the syndrome, nor has it sent a wave of fear throughout the nation.



## Don't judge book by cover

While they are still immensely under-represented, women firefighters are gaining momentum as they climb a career ladder dominated by men.

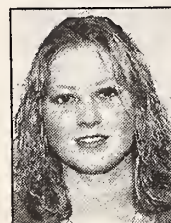
Doug Richard, Conestoga's firefighting program co-ordinator and veteran firefighter, said there are three women in this year's class of 36, which is one more than last year.

"We seem to always have less than five, but more than one," he said, adding there were more women interested in the program during orientation this year. About seven female applicants will receive an offer amongst 41 males for the 2003-2004 class.

I don't think this predominantly male profession will switch gears, but society has progressed enough that women should not be discouraged from pursuing firefighting as a career.

That said, it takes a special woman to fill the shoes of a robust 200-pound man. Firefighters must be able to handle periods of intense and sustained physical, mental and emotional stress.

They must also successfully complete the Occupational



Carla Sandham

Opinion

Physical Requirements test, which includes pulmonary function, muscular fitness and cardio-respiratory fitness, as well as visual and auditory testing. And all candidates, male or female, are required to pass seven job-related tasks ranging from a victim drag and ladder lift to hose carry and rope pull.

With such strict requirements not only are some women out of the running, but some men too.

Richard said girls who grew up on a farm working with machinery and doing other laborious jobs, such as lifting bales of hay, are more likely to acquire the skills of a firefighter. He said every situation requires different strengths and added women have strong leg strength, but could always improve their upper body strength, as could their male counterparts.

However, I know it's not impossible for a woman to succeed as a firefighter because many are now employed in that profession.

Lori Grant is one of them. She is one of five women on the Kitchener fire department and is in her seventh year there. She said she is trained to do everything the men do.

Fire Chief Robert Browning said there has always been at least one woman on the team for the past few years.

But, is this enough? According to an article in SEE Magazine, there are only about 70 female firefighters out of about 5,000 firefighters in the Greater Toronto Area.

The numbers are drastically low, but why? Are women not interested in the responsibility, do they fear rejection or are they not being hired based on their gender? Grant said there is definitely not a lack of interest, but maybe the physical test is holding them back. I don't know what it is for sure, but I do know that if I was trapped in a burning building I wouldn't care what gender pulled me out as long as they were able.



### Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr.,  
Room 4B14, Kitchener, Ont.,  
N2G 4M4

## Spoke

is published and produced weekly by the journalism students of Conestoga College

Reporters: Petr Cihacek, James Doyle, Nick Horton, Lesley Leachman, Jeff Morley, Jason Noe, Diana O'Neill, Carla Sandham, Brandi Stevenson and Aimee Wilson

Faculty Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 Fax: 748-3534

E-mail: spoke@conestogac.on.ca

Web site: www.conestogac.on.ca/spoke

Spoke is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in Spoke are not endorsed by the CSI unless their advertisements contain the CSI logo. Spoke shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Letters to the editor are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Letters must not contain any libellous statements.



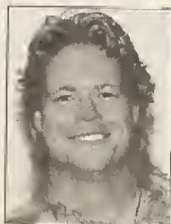
# E-mail spam frustrating and annoying

Why the heck is it their business how long my private part is?

Don't they feel stupid sending people – including women – e-mail spam, urging them to enlarge their penises?

If I got mine enlarged every time the procedure was offered, it would already be around five kilometres, but I am afraid that even then spammers would think it too short and keep bombarding me with their junk e-mails.

Of course, there are hundreds of other so-called unsolicited commercial e-mails advertising any-



Petr Cihacek

Opinion

thing from Viagra to free university degrees, but the penis enlargement one is probably the most annoying and ridiculous.

I think that especially Hotmail users know what I am talking about as they appear to be targeted with

spam the most and nothing seems to help.

If you filter your e-mail, you risk that a wanted e-mail will end up in a junk mail folder and will be deleted.

If you block the sender, there are at least five others who will gladly send you spam advertising the same product.

And changing your e-mail address is just a temporary solution as spammers track you down again and soon you will find yourself in the same old circle of neverending insanity.

Why do spammers expect anyone who has at least some brains to give them a positive response? I personally do not know any Viagra-addicted holder of a free university degree with an enlarged penis, do you?

And yet, they keep flooding us with their irritating spam. I just wonder whether it is out of persistence or stupidity...

I think spammers are some of the most annoying and useless people around. They probably don't have too much intelligence but they possess a great talent for driving people nuts.

Some junk e-mail is fancy and well laid-out and that might make you think that spammers are serious businesspeople and professionals.

I think spammers are some of the most annoying and useless people around.

Don't let them fool you.

According to the Canadian Coalition Against Unsolicited Commercial E-mail, anyone with a computer and basic dial-up connection can send hundreds of thousands of messages per hour. Pretty scary, eh?

Since it is incredibly cheap to send bulk e-mail, there are more and more individuals who decide that bothering people is the right career choice.

As a result, approximately 30 per cent of all traffic flowing through the Internet is spam, up from 10 per cent in 2001.

You may want to consider switching from Hotmail, since it is a spammer's haven.

No wonder that spam has become the leading complaint of Internet users.

Unfortunately, there is not much they can do.

You can try to complain to the spammer's provider or hide your e-mail address from spammers. It is not guaranteed that it will work, but if you want to try it you might find some useful info at <http://spam.abuse.net>.

But the easiest way might be switching from Hotmail, which is a spammers' haven, to a different e-mail provider such as Yahoo that does not seem to have any problem with spam.

And to the spammers I would like to say: leave me and my private part alone.

## From the Sanctuary

### Parting is such Sweet Sorrow

Another year is slowly coming to a close. Final exams are looming around the corner. Not only does this mean that for some students, the end is near; this also means that the CSI is ushering out the current executive council, and welcoming the future of CSI.

After the fiasco of the CSI Elections was finally over, the Executive Council for the 2003-2004 was finally determined.

The first to take the long walk is current CSI President Jon Olinski. He is leaving CSI after over 2 years of service in the roles of President and Vice President of Operations. He is handing the reigns over to current Vice President of Academics, Justin Falconer, who is ready and willing to step in and take charge of the team, and lead them into the upcoming academic year. A potential graduate from the Business Administration - Management Studies program, Justin brings leadership, drive and a determined attitude to add to the team, which will be a benefit for all parties involved.

Taking over for Justin will be Vanya Mistic. This busy student will be undertaking a challenging role in her final year in the Business Administration - Management Studies program that will simply add to her impressive list of accomplishments during her tenure at Conestoga.

The next to go is Jay Mielke, Vice President of Student Activities. He is graduating from the Business-Administration Marketing program after a successful stint with CSI. He is leaving his position in the capable hands of one Mr. Ethan Miller. Mr. Miller will bring enthusiasm and spark to the CSI team that hopefully will rub off on all who meet him throughout the upcoming year.

And the final member to be leaving the fold is Vice President of Communications, Jeff Stemmler. He will be graduating from the challenging Business Administration - Management Studies program. Taking over his position is another Management Studies student, Carie Laycock. Carie is entering her third year in the program, and is full of energy and enthusiasm for the upcoming year in both aspects.

In closing, we the CSI would like to take this opportunity to thank the current executive for the hard work and effort put forth over the past year. We wish you well in your future endeavors and hope that you will leave CSI with only the fondest memories.

As for the incoming executive, we look forward to working with you, and will see you on May 1st to start another exciting term.

- Jeff Stemmler,  
Vice President of Communications

You're going places.  
Go Greyhound™



Grace, 20  
Aspiration: Psychologist

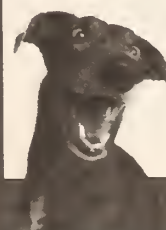
### STUDENT FRIENDLY FARES

You're going places in life, but right now you're just going home for a break. With thousands of destinations and great everyday low fares, Greyhound gives you the freedom to go more places more often.

### FROM KITCHENER\* (ONE WAY PLUS GST)

GUELPH	\$ 5 <sup>65</sup>	PETERBOROUGH	\$25 <sup>50</sup>
OTTAWA	\$57 <sup>00</sup>	TORONTO	\$12 <sup>50</sup>
BELLEVILLE	\$30 <sup>50</sup>	SUDBURY	\$57 <sup>00</sup>

\*Valid Student ID required. Call us for more details.



For local info contact:  
15 Charles Street West  
(519) 585-2370



1-800-661-TRIP (8747) • [www.greyhound.ca](http://www.greyhound.ca)



# Free speech no longer so free in U.S.

There are some people, myself included, who believe the attack on Iraq to be ill-advised and immoral.

This is an emotional issue dividing many people. But what should never be sacrificed is the right to speak out against our government. We tend to overlook this during times of war, in part because of our natural tendency to rally and support the troops, but also because such criticism in a time of crisis runs counter to what some believe is loyal and patriotic.

Recently a price tag has been put on freedom of speech and dissenters are being dissed.

The most notorious example of a so-called tyrant is Natalie Maines of the Dixie Chicks. The singer drew criticism from country music fans for remarks she made about American President George W. Bush during a recent performance in London, England. Maines told the audience, "Just so you know, we're ashamed that the president of the United States is from Texas."

Maines seriously overestimated

her fan loyalty and obviously their respect for free speech. Almost immediately, word got back home that she was slamming the president and country fans went ballistic, along with country radio stations.

Maines' comments elicited a barrage of friendly fire from irate listeners who demanded a boycott of the Texas trio's music. Not only did several stations across America respond with removing the Dixies completely from their playlists, but one angry group used a 14,850-kg (33,000-pounds) tractor to crush Dixie Chicks paraphernalia and one radio station set a trash can outside its office for disgruntled fans to toss their music into.

Maines eventually folded on her beliefs and issued a public apology saying she just wanted to voice her antiwar concerns and didn't mean to disrespect the president. However, the group's Web site continues to be flooded with hate e-mail, including notes that call them traitors and Dixie Pigs.



Diana O'Neill

Opinion

MTV has also jumped on the bandwagon by banning music videos with war-related titles, lyrics or images for the duration of the conflict in Iraq.

According to a March 27 issue of *The Guardian*, a British newspaper, the leading music channel will not show videos that feature "war, soldiers, war planes, bombs, missiles, riots and social unrest, executions and other sensitive material."

If MTV is concerned with offending people, I'm not sure why they even bothered. Tuning into virtually every channel on TV will garner the same results — if not worse.

Rap group Outkast's *Bombs over Baghdad* and the antiwar song *Boom!* by System of a Down were

among the numerous videos banned. The Michael Moore-directed clip contains facts and figures of predicted Iraqi war casualties. A hard pill to swallow for some patriots.

Aerosmith's *Don't Want to Miss a Thing*, which features footage from the asteroid disaster movie *Armageddon*, and anything by the B52's have also been deemed inappropriate for the duration of the Gulf conflict.

Various radio stations have also removed potentially contentious songs from their playlists. The *Guardian* article reported that producers have been asked to play music with a "light, melodic" feel before and after news bulletins, especially if they contain distressing information.

Apparently all this censorship and temporary banning is in an "attempt to protect their listeners from unpalatable references to war and gore." Let me cut to the chase here — war isn't pretty and there is no need to depict it any other way.

People should have a choice to see and hear the ugly reality that results.

Activist Michael Moore stirred up the crowd on Oscar night when he said, "Shame on you Mr. Bush. And any time that you have the Pope and the Dixie Chicks against you, your time is up." Sections of the Hollywood audience smiled and applauded, while some were heard booing quite loudly. Many questioned his taste and his ethics for using the event as a platform for his opinion. Moore responded in a press conference after the awards by saying, "I showed how vital it is to have free speech in our country and it would be irresponsible of me to not say how I felt."

This war in Iraq has sparked a lot of passion and emotion and because of this people have a hard time hearing the other side. Unfortunately, there are those in the United States who don't truly value its principle; free speech is only for them and not for those who disagree. The double standard is truly stunning.

## CLASSIFIEDS

### ATTENTION CONDORS

Looking for energetic, spirited students to help international company expanding locally. FT and PT summer positions available in customer service/sales. Prior experience not required - will train. Scholarships available. TO APPLY: [www.workforstudents.com/cdn](http://www.workforstudents.com/cdn). K-W office opening April 14th.

### USED FURNITURE

Kitchens, livingrooms, bedrooms, etc.  
You need furniture, we can help.  
Delivery available.  
742-8109  
408 King St., E Kitchener

### STARS MEN'S SHOP

You may find cheaper prices,  
but you won't get better value anywhere!  
10% STUDENT  
DISCOUNT  
\*Fairview Mall  
\*Downtown Kitchener  
\*Conestoga Mall

### Canadian Forces Army Reserve

Employment with a challenge  
and adventure.  
Full-time summer employment  
throughout the year.  
Call 624-4393

### Ultimate Questions

The Lord Jesus Christ is the difference.  
Learn about Him.

Bible Study by correspondence. Please send name and address to: Bible Study, Zion United Reformed Church, 1238 Main St., Sheffield, ON. LOR 1Z0  
E-mail: [bible@zurch.on.ca](mailto:bible@zurch.on.ca)  
Web site: [www.zurch.on.ca](http://www.zurch.on.ca)  
Sign up today.  
IT'S FREE

## Students aren't only ones affected by double cohort

By JEFF MORLEY

While universities and colleges prepare for the double cohort this fall, low-income housing may also feel the crunch. However, it may not just be students who are affected.

Trudy Beaulne, of the Social Planning Council of Kitchener and Waterloo, says the region could face a housing problem. "There is an anticipated increase in students and with the reality of the lack of affordable accommodation available, we could be facing a crisis."

However, Beaulne believes that the greatest crisis may be with the non-students. The "unemployed, the single, low-wage earners, part-time wage earners, the disabled and anyone who has limited resources" will be the most affected by the double cohort.

The Ontario College Applications Services Centre in Guelph receives all Ontario post-secondary applications every year. This year the centre has received 80,000 applications. This is an increase of 21 per cent or 14,000 applications, from last year. In 2002, the centre accepted applications from an additional 4,800 students who were fast-tracking. The centre is also accepting more applications this fall and expects the numbers to rise.

The Kitchener Record reported, in a March 20 article that the city of Waterloo experienced a 12 per cent increase in property values in response to the anticipated increase in students. In addition, George Shepherd, a Royal Le Page real estate agent, believes that the current market is being driven by the rental industry.

"A whole raft of people are looking to buy stuff for their kids" between \$140,000 and \$200,000. Shepherd thinks the current market is hurting first-time buyers the most by driving prices up.



(Photo by Jeff Morley)

While the rental market in the region is quite active, many are still worried that the area will face a housing crisis next year.

Pat Hagen, an off-campus housing officer at the University of Guelph, says that the Guelph area has experienced a consistent surplus in housing for the last three years. "There is more housing now than we've ever had in the last two years." Hagen explains that the rent has generally stayed the same due to the increased competition as well.

Hagen says the University of Guelph is expecting 600 extra students this year. She also adds that the university completed a new set of townhouses on campus last year that accommodate approximately 250 to 300 students.

Throughout Guelph and the rest

of the region there are many other housing projects. In the Waterloo Region report, John Whitney, president of Whitney and Company Realty Limited, writes that "many student housing projects are presently in the works with new construction and conversion of existing buildings underway to accommodate the anticipated influx of students."

Despite the increased activity in the market, a study by the Canadian Centre for Policy Alternatives on rental accommodation in the province found that almost 70,000 housing rentals have disappeared from the market since 1995.



# Media plays important role during war

By DIANA O'NEILL

Some may wish it were different and some may wave their red, white and blues in support of it; but neither group has any say in it.

In the past few weeks North Americans have been exposed to an unprecedented 24-hour live coverage of the war in Iraq.

According to findings of new research from Frank N. Magid Associates, an influential consulting firm, a majority of viewers tend to look to the television for their news first. The study said that 46 per cent of Americans rely on cable channels as their principal source of war news.

It's important to remember that it's virtually impossible to deliver information that isn't somewhat distorted. The presence of a television camera changes everything. The lens, although able to deliver raw and haunting images, can only focus on one thing at a time. What viewers see are just mere slices of the war and not the big picture.

The Arab world is exposed to pictures of bloodied bodies of young children, scenes crowded with corpses and even gruesome images of dead American soldiers.

North Americans see only a fraction of that same war. TV and print are dominated by long-distance photos of bombs over Baghdad and battlefield scenes delivered by reporters who are travelling with United States soldiers.

Analysts have said that the two contradictory views of this war will help to sharpen the differences over the conflict.

Mohamed Elmasry, national president of the Canadian Islamic Congress, agrees that the differences in media coverage will result in heightened disconnect between Arabs and Americans.

"If they (Americans) saw the civilian casualties of children piling up in coffins, their mothers weeping or a whole residential area full of young boys and girls being destroyed by Americans, I think it would change many opinions and maybe even the conduct of the war," he said.

Elmasry, an electrical and computer engineering professor at the University of Waterloo, favours Canadian coverage over American reports. "Most of the American coverage is just cheerleading and it's unfortunate," he said, adding, "I stopped watching CNN and many other Canadians have started to do the same."

Elmasry has commended most Canadian media outlets for the balanced way they have been covering the war in Iraq.

"The Canadian media is doing a reasonable job, especially CBC radio and CBC TV," he said, adding, "Most newspapers are trying to provide a balanced view, except for the pro-war National Post. One hundred per cent of its editorial and op-ed pieces are war-mongering because it is a propaganda paper and Canadians will soon discover that."

Elmasry is an avid watcher of Al-Jazeera on satellite. It claims to be the most independent TV station in the Arab world and promises to keep giving its viewers the full picture. "It tries to balance the picture by reporting official American

views and official Iraqi views," he said, adding, "They have reporters inside Iraq who are not embedded, so they're able to move around with a certain level of mobility."

Journalists have been given unparalleled access to this war, with embedded being the buzzword. More than 600 reporters have been assigned to travel with one unit or another of the United States military. They're required to sign a three-page list that warns of 50 restrictions as to what they can report.

There have been quite a few criticisms of the embedded process. Some have said that there is a lack of information actually coming from the journalists. When there is valid news, it is said to be muddled with military success intertwined with the patriotic image of America. Some journalists use "us" and "we" in association with the American military so often, that it

has prompted concerns regarding objectivity.

An article in the March 22 issue of the Globe and Mail discusses the controversial issue of being an embedded journalist in Iraq. "The vast majority (embedded journalists) are American, often cheerleaders from hometown newspapers or television stations. Only about 100 have been allowed from the rest of the world, and Canada ranks far down the list."

Elmasry does not see any merit of the embedded journalists. "It's a disgrace to the profession because the military is saying either you cover it from our point of view or we will not let you cover it."

In a controversial move, Al-Jazeera decided to air gruesome pictures of dead American soldiers, when American stations declined to do so. Many called the pictures disgusting and thought it would

damage morale if they were aired in North America. The footage prompted the Pentagon to issue a rare appeal to U.S. networks not to use the clips.

Shortly after the broadcast, Al-Jazeera, the network with some 35 million subscribers, was banned from both the New York Stock Exchange and the NASDAQ.

Needless to say, Elmasry was ashamed at the lack of press freedom.

"It is the job of the Pentagon because they are scared. They have a mess on their hands, body bags are coming back home and they don't want any more of them," he said, adding, "But the Americans only brought up the Geneva Conventions after their boys and girls were displayed on TV. They didn't say one word when Iraqis were marching in front of camera with their hands on top of their heads."

Media analysts are labeling the current display by mainstream media as the fog of war coverage.

Elmasry said, "We are now not seeing misinformation, but disinformation, intentionally."

"Iraqi schools have not been open for weeks on end, they're out of food, water and essential medical care. If anyone cares to give them help they will appreciate it," he said, adding, "But using the cameras to show that they are smiling to get that help does not imply that they are welcoming the occupational invasion forces."

According to Elmasry, some western media outlets have not been fulfilling their jobs of reporting news from both sides and offering a spectrum of opinion. "Journalists should really try to present the facts to their audience and let them make up their own minds on the issue."

## SME Chapter 81- Grand River Valley

### APRIL DINNER MEETING

in association with the Student Chapter of the  
SME present

### GUEST SPEAKER

#### The Honourable Perrin Beatty

President and Chief Executive Officer,  
Canadian Manufacturers and Exporters, Ottawa

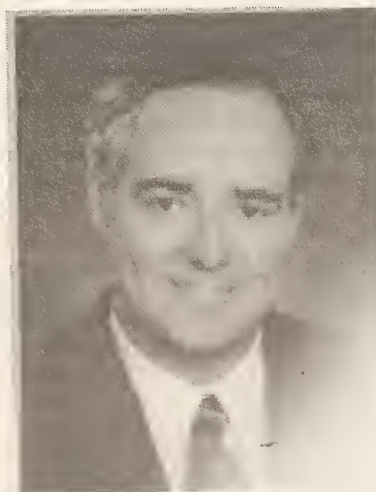
**WEDNESDAY APRIL 23, 2003**

**Conestoga College, Doon Campus, Blue Room**

**Registration & Social Hour 6:00PM**

**Dinner 7:00PM**

**Guest Speaker 8:00 PM**



**View  
3rd Year  
Student Projects**

**View Corporate  
Tabletop  
Exhibits**

**In Advance**

**\$30.00 /person**

**\$50.00 / couple**

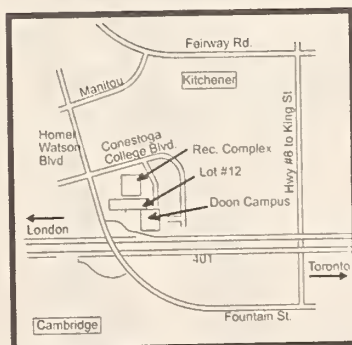
**Students \$15.00 /person**

**For registration or advance tickets, contact:**

**Vicki Williams (519) 740 5500**

**or email: sme81@golden.net**

**CONTACT YOUR SME REPRESENTATIVE:**



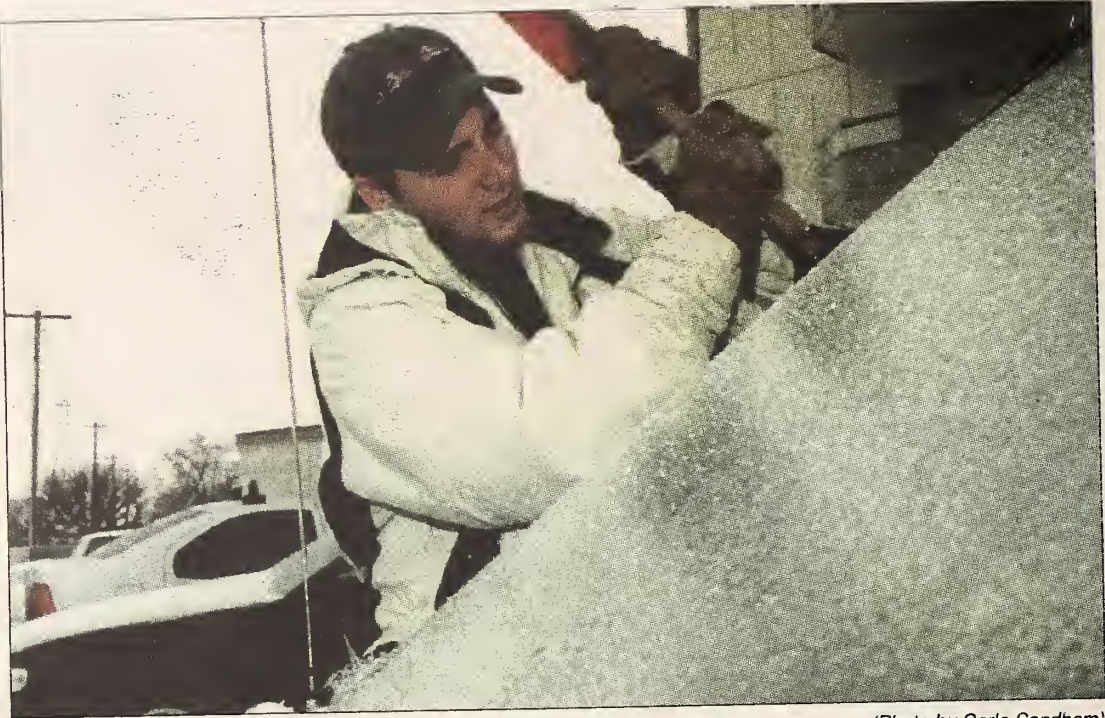


# Signs of the season

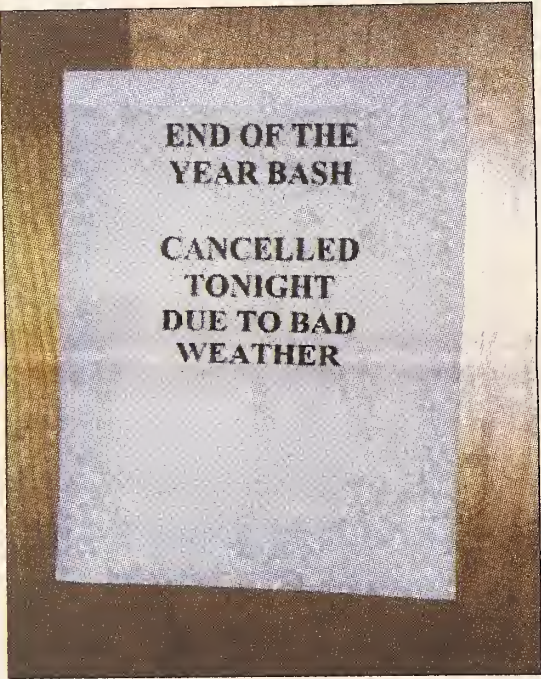


(Photo by Brandi Stevenson)

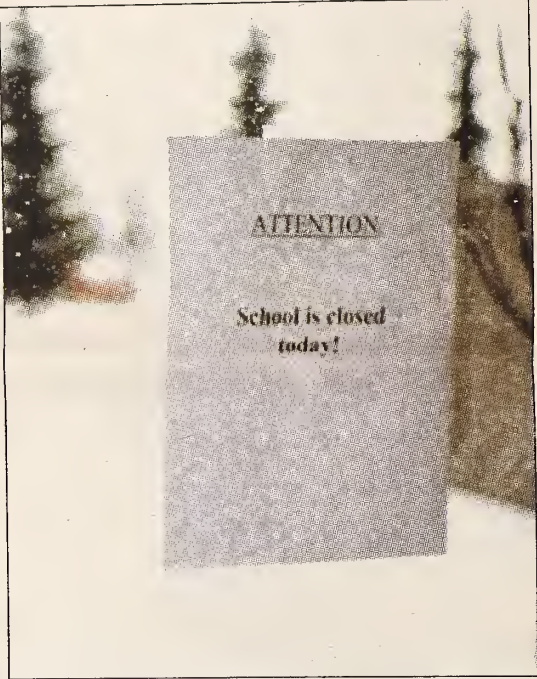
Conestoga College student Bud Fitzpatrick enjoys the sunny day on April 1 with a game of hacky sac. However, Mother Nature was playing her own April Fool's joke on Ontarians, as unseasonably cold weather hit shortly thereafter.



(Photo by Carla Sandham)



(Photo by Lesley Leachman)



(Photo by Aimee Wilson)

Old man winter got the upper-hand on April 3, blasting the area with cold weather, complete with snow and freezing rain. The winter storm caused havoc on the roads, keeping police busy with numerous accidents. In top photo, Rodney Harnock of Kitchener scrapes his windshield after the storm. The poor driving conditions led to the cancellation of the End of the Year Bash in the Sanctuary. However, on the plus side, the weather forced the closure of Conestoga College on April 4, giving students a day off to rest or study for exams. Below left, a timely question is left in the snow. Below right, a robin, known as one of the first signs of spring, sits in a tree on campus.



(Photo by Lesley Leachman)



(Photo by Jeff Morley)



# Thinking of buying an Easter bunny?

## Buy a chocolate one instead

By CARLA SANDHAM

They're cute, they're fuzzy and they are all over the place, but humane societies are asking people not to give in to these adorable critters at Easter.

Live bunnies have hopped into pet stores everywhere as traditional symbols of Easter. But, after the holiday has ended unwanted pets at humane societies seem to multiply, like rabbits.

"We usually see an increase in rabbit numbers shortly after Easter," said Karen Kennedy, animal care co-ordinator for the Kitchener-Waterloo Humane Society. "Many people think it would be cute to buy the kids a bunny for Easter, but they must be aware of the regular care these animals need."

She added rabbits can make wonderful pets, but uneducated owners lose interest fast because rabbits do require a bit of care.

Kennedy said male and female rabbits can spray an unpleasant substance, which could stain. She also said they are susceptible to ear infections, fleas and "all sorts of other ailments." And to avoid the spread of diseases, she said, their cages should be cleaned daily. Rabbits also need supervision because if they are left unattended they may chew wiring and other potentially lethal objects, Kennedy added.

"Neutering and daily exercise outside of their cage is also a good idea to promote a healthy pet."

Debbie Corey, manager of Number One Pet Centre in Cambridge, also said rabbits can be



(Photos by Carla Sandham)

Rabbits are common around this time of the year, but humane societies say Easter is not a good time to buy a live bunny like this Holland lopped-ear rabbit.

Above, Jason Pye, an employee at Pet Valu, holds the rabbit.

great pets, especially in an apartment because they can be litter trained. However, the pet store does not carry rabbits around Easter.

"Easter is not a good time to buy a rabbit," she said, "because when the novelty wears off people don't want them anymore."

Super Pet in Cambridge carries rabbits year round and Easter is no exception. But, Super Pet supervisor Laurie Daley said they try to deter people from impulse buying

around the holiday.

"The last thing we want is for the rabbits to be neglected," she said, adding they used to see a large increase in rabbit sales around this time, but they have decreased in the past two years.

Yet, many bunnies are still purchased and later neglected and then dropped off at humane societies across the country. And what happens to all these rabbits?

Kennedy said they have a fairly

successful adoption program with the rabbits and there are rabbit rescue clubs they can also contact for assistance.

"We do everything we can to ensure permanent, educated homes for any wayward bunnies that come our way."

However, if a rabbit is unhealthy or in some cases aggressive they have to be put to sleep. She also said they have to watch out for potential problems with reptile

owners during the adoption process.

"People should be aware that some snake owners scout the paper for 'free rabbit to good home' ads to feed their pet." But, she added, it's uncommon because most reptile owners are responsible.

To avoid these unhappy endings, humane societies are requesting people buy a stuffed or chocolate bunny for Easter first and think about buying a real one later.

# Peer Services thanks helpers

By JAMES K. DOYLE

With the school year winding down, it is time to thank those who made Conestoga College a better place. And peer tutors, mentors, hosts and literacy lab tutors fall into this category.

April 7 to 10 was Peer Services Week, and on April 8, Peer Services held their annual Peer Appreciation Reception.

It was held in the Blue Room cafeteria and included guests like Dr. John Tibbits, Conestoga College's president, Fred Harris, school registrar, and faculty members.

The thank yous started with numerous letters from program co-ordinators outlining how the Peer Service volunteers continually made the school better. There were

also letters from students who have been helped by Peer Services.

After everyone was thanked, the Al Logan Award was presented. The award is given to a student who demonstrates a warm and caring attitude, demonstrates initiative and leadership, helps other students and has a sense of humour!

This year, the award went to Jennifer Erb, a second-year business management student. Erb, who is also a peer tutor, epitomizes what the Al Logan Award means. She was never shy to offer help to other students and is spoken highly of by all members of the Peer Services staff.

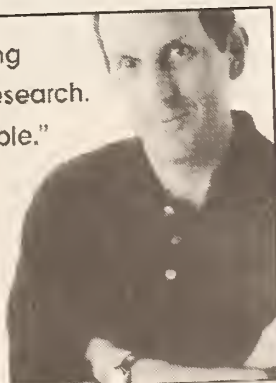
All the peers received a certificate of recognition for their services and some were lucky enough to win a door prize.

"Beating diabetes and treating diabetes both depend on research. CDA funding makes it possible."

Dr. Daniel Drucker, research scientist

HELP SOMEONE YOU KNOW  
CALL 1-800-BANTING

CANADIAN DIABETES ASSOCIATION  
ASSOCIATION CANADIENNE DU DIABÈTE  
www.diabetes.ca



## WHAT WOULD YOU TRADE FOR THE PET SHOP BOYS?



BUY,  
SELL  
and  
TRADE

your used  
CDs & DVDs at  
The Beat  
Goes On

The Beat Goes On  
USED CD OUTLET  
Play more for less

www.beatgoeson.com

385 Fairway Rd. S, Kitchener (Canadian Tire Plaza)

370 Highland Rd. W, Kitchener (Food Basics Plaza)

402 King St. N, Waterloo (Beside Burger King)

415 Hespeler Rd. S, Cambridge (Across from McDonald's)

(519) 893-2464

(519) 744-1011

(519) 884-7376

(519) 622-7774





(Photo by Jeff Morley)

With David Suzuki's Nature Challenge, he proposes changing how we travel to improve the environment. By walking, riding a bike, carpooling or using public transit, people can cut down on the use of fossil fuels and limit greenhouse gas emissions.

## Suzuki issues Nature Challenge

By JEFF MORLEY

David Suzuki spoke to a standing-room-only crowd at the University of Guelph April 3, promoting the Nature Challenge.

The challenge is a 10-step program aimed at reducing an individual's environmental impact.

By choosing energy-efficient appliances and homes, eliminating pesticides and walking instead of driving, individuals can lessen their own ecological footprint.

The host of CBC's *The Nature of Things* spoke to a crowd of 1,000, made up of university students, faculty and members of the community in Peter Clark Hall.

Suzuki stressed that the world is made up of four crucial elements: water, air, fire and earth, and humans are interconnected with these elements.

"Humans are taking too much out of the environment and putting too many toxins in."

However, despite this interconnectedness, society is still living in a time of mass consumption where the economy is the bottom-line.

"If the economy is the source of everything that matters, why in 2003 do more than three billion people exist on \$2 or less a day?

Wealth does not trickle down, it rushes up."

Suzuki believes that the environment should be the bottom-line because humanity's existence ultimately depends on it. "We, literally, are the earth." He continued later by saying, "There is no separation between us and the environment."

However, he also stressed that in order to change the environment and to make it a priority, society must deal with poverty and the other social ills, such as war and terrorism.

"If we don't deal with poverty and hunger, forget the environment."

Suzuki explained that the Union of Concerned Scientists, an organization that he is also part of, identified three main areas that affect the world: what we eat, where we live, and how we move. In order to improve the environment, people must reduce their ecological footprint.

He said that the planet can only continue to support 200 million people that follow the western way of living.

Suzuki's answer is the Nature Challenge that gives 10 points for people to strive for. They include:

Reduce your home energy use by

10 per cent.

Choose energy-efficient homes and appliances. New refrigerators use 40 per cent less energy than the older conventional ones, while energy-efficient homes, with an R2000 rating, use 30 per cent less energy as well.

People should replace pesticides with alternatives. Suzuki said that residential homes have more toxins, on a per capita basis, than agricultural land in Canada.

You should eat a meat-free meal once a week. Buy locally grown and produced food. In this way, people save fossil fuels, and limit greenhouse gas emissions that would otherwise be used in transporting the produce.

Choose a fuel-efficient vehicle to save gas and energy.

Walk, bike, car pool or use transit to travel to work or school. One busload of passengers takes 40 cars off the road and saves 70,000 litres of fuel.

Support car-free alternatives and lobby for better public transit.

Choose a home that is close to school or work.

Learn more and share with your family and friends.

To learn more about the Nature Challenge go to the Web site, [www.davidsuzuki.org](http://www.davidsuzuki.org).

## Earth Day celebrated worldwide

By BRANDI STEVENSON

Earth Day is the first international holiday that can be celebrated by all cultures and religions worldwide. It was meant to be a day for the world to unite and rededicate itself to taking care of the earth. However, the world is not unified over the official date of the day.

The first Earth Day was celebrated on March 21, 1970, in San Francisco. According to [www.earthsite.org](http://www.earthsite.org), the date has special meaning, because March 21 is the equinox. On this day the sun crosses the equator, causing the sunlight and moonlight to be an equal 12 hours long. Many people see this date as a symbol of a united world, because the equinox happens everywhere, affecting everyone.

The equinox also marks the first day of spring in the West, which represents a new beginning. Therefore, they thought March 21 would be an effective reflection of the true meaning of Earth Day.

In 1971 the UN proclaimed the March equinox Earth Day, a day to celebrate the earth, and hope for peace in the world. Part of the first UN celebration was the ringing of the peace bell, a tradition that is still carried out today.

But not everyone calls the equinox Earth Day. Today, Earth Day is often celebrated on April 22.

An article from [www.wow-zone.com](http://www.wow-zone.com), said the April date was started as an environmental teach-in to promote environmental awareness in communities. When it became popular, many companies and businesses would sponsor their own events, and the day became known as Earth Day. Some people see the April 22 date as nothing more than a public relations ploy and they strongly

believe the true Earth Day is in March.

An article from [www.earth-day.ca](http://www.earth-day.ca), said the first international Earth Day was declared on April 22, 1990. Canada was among 141 nations that participated in the day for environmental awareness. Now, more than 180 countries plan events and projects directed at improving the environment and almost every elementary school student participates in Canada.

Enthusiasm for environmental awareness has grown so much, April is considered earth month in Canada. There are environmental events, like tree planting, garbage cleanups, nature walks and recycling drives, going on throughout the whole month in this country.

**April is considered  
earth month  
in Canada.**

In Kitchener, there is garbage cleanup and a tree planting drive. The garbage cleanup is on April 26 and 27, starting at the Country Hills Community Centre, Chandler Mowat Community Centre and the Huron Park area. There is also tree planting and nature walks through the Grand River Trail on April 26 at the Stanley Park Optimist Natural Area.

For more information, go to [www.city.kitchener.on.ca](http://www.city.kitchener.on.ca).

Whether you choose to celebrate Earth Day on March 21 the traditional way, or wish to take part in an Earth Day activity in April, the fundamental feeling of the day should not be lost. The world should unite in trying to protect the one thing everyone shares.

## Waterloo has first solar-powered subdivision in North America

By JEFF MORLEY

Waterloo is going to be a little greener with the construction of 15 solar-powered homes this year. It is to be the first subdivision in North America that is solar powered.

The houses are located in the Eastbridge subdivision in the east end of Waterloo.

Arise Technologies which is based in Kitchener, is the company behind the solar power.

Dave Elzinga, an engineer in product development, says the Eastbridge homes will be outfitted with solar-paneled roofs and generate, on average, 50 per cent of the home's energy needs. The proportion of electricity generated will

depend on each individual family's energy needs and consumption.

According to Arise it "is expected that the solar electric system will produce 3600 kwhs of electricity per year."

The electricity will generally be produced during peak times during the day and any surplus energy will be wired to the power grid and sold to Waterloo North Hydro. By being connected to the power grid, these homes will also always have a consistent energy supply.

Elzinga explains that the houses have an R2000 energy-efficient standard and upgraded windows. Arise estimates that the energy-efficient houses should save homeowner's more than 40 per cent on

natural heating gas costs. Elzinga estimates that the average homeowner could save about \$800 per year in energy and heating costs.

However, there are other advantages to owning these homes. Solar energy provides people with insurance against rising energy costs. It also enables people to become good environmental citizens. The engineer explains that peak consumption of electricity occurs during the summer when coal-fired energy is most prominently used. By using solar energy, people can cut down on greenhouse gas emissions and smog. Moreover, Elzinga says that the amount of carbon dioxide saved by the solar roof is the same amount emitted by a fam-

ily car in the same year.

As well, the solar panels add value to the home, particularly when each panel has a 20-year warranty. However, Elzinga expects the panels will last 50 years. The roof is made from recyclable steel and also adds structural stability to the houses.

The government is offering assistance on solar energy for residential homes. In the Eastbridge subdivision the government is assisting by covering about 50 per cent of the total cost. As a result, the cost of the solar panels, after assistance, is between \$15,000 and \$20,000.

However, despite the advantages, it is not prevalent in Canada. Elzinga attributed cheap energy

prices as one of the causes for the slow movement. However, the cost of the system also plays a role, while there is a lack of knowledge about solar power. Elzinga says that part of the project is also about education and working to change people's attitudes about energy and ultimately the environment.

There are other ways to save energy besides purchasing solar panels including turning down the thermostat, taping windows in the winter, and using energy-efficient lightbulbs. However, the most effective method is to conserve energy by not wasting it. Turning off lights, turning down heat and saving water are some basic ways to conserve.



# Thank you!

The CSI would like to take this opportunity to thank the students and staff of Conestoga College for contributing to all our success this year

Conestoga College students are the best students in Ontario. Every day, the students at Conestoga participate in a variety of student life activities provided to them by their student association. But the activities we provide wouldn't be possible without the continued support of the student body. CSI thanks you for the support this year.

And while events are important, the CSI also understands that student advocacy is equally important. We are here to help students in all capacities at Conestoga. CSI will continually support students and student rights.

As the end of the year quickly approaches, the student body at Conestoga College should know that the successes of this year will be built into the success of next year.

Take care of yourselves this summer and we'll see you in the fall.

We could not succeed without your help

Many thanks to you for helping so many people through your contributions.

**CONESTOGA**  
**STUDENTS INC.**



# Comedian helps CSI end year on a high note

By JASON NOE

What better way to celebrate April Fool's Day then to see a comedian perform edgy jokes in the Sanctuary?

That was the thinking of Conestoga Students Incorporated (CSI) who managed to bring comedian Jason Rouse onstage for free lunchtime comedy on April 1.

Opening for Rouse was fellow comedian Dave Martin who hardly received a response from the Conestoga crowd. But once Rouse hit the stage, the audience came alive as he touched on a number of different subjects.

Rouse joked about the differences between men and women, marijuana, the menstrual cycle, his family, and mentally challenged people. One of his biggest laughs came when an older man walked into the Sanctuary during his performance.

"Ladies and gentlemen, my son," said Rouse onstage.

Another hilarious moment occurred when a woman shouted, "you suck" to Rouse in the middle of his performance.

"Go wait in the car mom!" replied Rouse to the woman.

The young man from Hamilton has accomplished a considerable amount for a comedian in just a few years. He was awarded the 2003 StarTV Award as one of the top 10 funniest people in Canada, the 2002 Now Magazine Readers Choice Award for best local comedian, the 2001 Gemini Award for best individual performance in a comedy series or special, and the 2001 COCA Campus Award for comic of the year.

Rouse was recently a judge on the Canadian Popstars television series, and will be featured along with six other up-and-coming comedians in the National Film Board documentary, *The Next Big Thing*. It will air this June on the

TVO television station. Rouse even has his own Web site at [www.jasonrouse.com](http://www.jasonrouse.com).

Rouse graduated from the comedy program at Humber College after receiving a scholarship, but feels that anyone interested in becoming a stand-up comedian should try performing onstage first.

"I had a career going in stand-up before I went to school," said Rouse after the show. "Ninety-nine per cent is all learned in front of an audience. It's all trial by fire. You have to take all the good and bad, there are no short cuts. If you don't get it you should quit."

Rouses admits his worst experience performing comedy was being booed onstage in Calgary.

"I had never been booed before, and I've never made an audience so angry that they've booed me, especially when that wasn't my intention," said Rouse. "That stuck with me. Then I had to do a second show that night on the same venue."

Usually before a show, Rouse said he often walks around the room to get a sense of what the audience may be like.

"I'll feel out what the demographic is and feel what the energy is like," said Rouse. "Usually you can tell who is going to be the idiot before the show even starts, just because they're trying to be funny with a group of friends."

Rouse explains a lot of comedians cannot handle the lifestyle that comes with touring and performing comedy.

"Anyone who thinks it's all going to be big television stand-up specials is delusional," said Rouse. "You could be performing at Massey Hall one night and in a bar the next. It all happens within 24 hours."

CSI events programmer Jody Andruszkiewicz believes the special April Fool's Day comedian was a fitting end to this year's comedy program at the college.

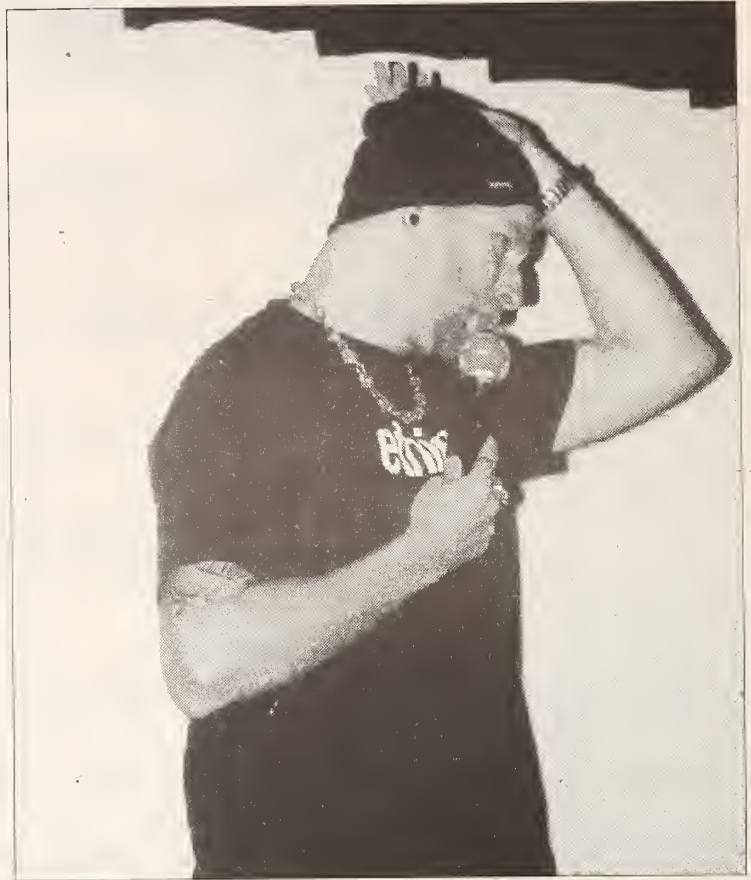
"He's a great comedian, and I thought it was a phenomenal way to end the year," said Andruszkiewicz. "I've seen his performance before so I knew what to expect, and that's why I booked him for the day."

Looking back on this year's comedians that have performed at the college, Andruszkiewicz feels the students were lucky to see so much quality talent onstage.

"Two comedians a month, for eight months is a good showing," said Andruszkiewicz. "A lot of people may expect the Mike Myers, Jim Carrey type, but looking at the roster we've had perform, they're just as good. The students have been treated to some real top-notch comedy this year."

For next year, Andruszkiewicz is going to rotate the comedians he has seen perform in the Sanctuary. Some acts he will have return but others he is still skeptical about at this point.

"In terms of our non-licensed events, they have to change or students will become bored with the comedians they see," said Andruszkiewicz. "The last thing you want to do is get into the habit of booking the same acts all the time. The one thing you want to get into the habit of doing is evaluating as much different talent as possible."



(Photo by Jason Noe)

Comedian Jason Rouse performed for a packed house in the Sanctuary on April 1. The CSI brought the comedian to the college to celebrate April Fool's Day. It was the final comedy act of the year.

## COUNSELLOR'S CORNER: Graduation

For many of you, the end of this semester represents the end of your current studies at Conestoga College. You may be ready to begin a new career or ongoing studies. You may be planning to move to a new city or to travel. This transition will be a welcome relief from studying, projects, late nights, and too-short days.

You should feel proud of your accomplishments. You have reached a goal that seemed so far away when you began. Sometimes, you may experience anxiety or doubts: the life you have known is about to change, and you aren't exactly sure what the next part of your life will look like. There may be sadness as you leave behind friendships and support systems. You might even miss teachers who have been mentors to you. If you remember back to your first semester here, you may have had many of these same feelings, but with time you developed new relationships and opened up to new experiences.

So, as you graduate, take away the gifts of a College diploma, new skills, and confidence in your achievements.



## Congratulations!

*A Message from Student Services (Room 2B02)*


  
PARTICIPATION



**Get it Free!**

**1-888-334-9769**

**[www.paguide.com](http://www.paguide.com)**

*Physical Activity Guide*

*to Healthy Active Living*



# Be heard and you may be a winner!

Since signing on with [workopoliscampus.com](http://workopoliscampus.com) in September 2002, we are interested in knowing if the Web site is meeting your expectations, and if you have found it useful in your job search. Please take a few moments to tell us what you think!

Return the survey to Career Services, Room 2B04, Doon Campus and you will be entered into a draw to win four Canada's Wonderland all-day passes.

Surveys must be returned no later than April 30, 2003 to be entered into the draw.

**Career Services**  
**Student/Alumni Survey**  
[www.workopoliscampus.com](http://www.workopoliscampus.com)

Are you a:

- ☐ Student  
☐ Graduate

Are you looking for?

- ☐ Full-time work  
☐ Part-time work  
☐ Contract work  
☐ Summer work

Have you visited [www.workopoliscampus.com](http://www.workopoliscampus.com)?

- ☐ Yes  
☐ No

If 'yes,' do you find the Web site useful in looking for work?

- ☐ Yes  
☐ No

If 'no,' what reasons would you give for not utilizing the site? (check as many as apply)

- ☐ Didn't know about the Web site  
☐ Didn't find jobs that interested me  
☐ Other \_\_\_\_\_

What do you like about the Web site?

How could we enhance our job posting service to you?

Any other comments/suggestions are appreciated!

If you would like a Career Services staff member to follow up on any comments or suggestions, please give us your name and contact information.

Name: \_\_\_\_\_

Telephone Number: (    ) \_\_\_\_\_

Email (if applicable): \_\_\_\_\_

*We thank you for your participation in this student survey, which will allow us to understand your needs and enhance our service to you.*





(Photo by Brandi Stevenson)

Craig Leger, of Sport Chek in Kitchener, tries out a set of gloves and a lacrosse stick. Local sports stores like Sport Chek have what you need to get you in the game.

# Lacrosse Canada's national summer sport

By BRANDI STEVENSON

When people think of Canada's national summer sport, the first thing that often comes to mind is hockey. However, what some people don't know is that his country has two national sports.

In May 1994, lacrosse was declared Canada's national summer sport, while hockey was claimed our national winter sport.

Even though the government did not officially recognize lacrosse as a national sport until 1994, according to [www.lacrosse.ca](http://www.lacrosse.ca), it has been known as our national sport by the media as early as 1859.

The game, which has been dubbed "the fastest sport on two feet," is strongly embedded into the Canadian culture.

It was first played by native Americans, and was an important part of their spirituality and lifestyle.

According to [www.lacrosse.ca](http://www.lacrosse.ca), they played to honour the Great Spirit and their Creator. A lacrosse game would also be played to settle arguments between nations. The leaders and elders of each nation would organize a game, and the winner would be regarded as the one with the right point of

view, as sanctioned by the Great Spirit.

Some games would last days, starting at sun-up and winding down for the day at sundown. There was no physical boundary for the play area either, so players would roam for miles.

**The game, which has been dubbed 'the fastest sport on two feet,' is strongly embedded into the Canadian culture.**

Each nation played the sport in one way or another, and they all had different names for the game. The Algonquin referred to it as "Baggataway," while the Iroquois called it "Tewaarathon."

It was the French settlers that started calling it lacrosse. The stick was said to remind them of a Bishop's crosier, or staff, and the French word for crosier is "crosse."

As the game began appealing to the European settlers, they thought it needed more organization and stability. In 1867, the

Montreal Lacrosse Club held a conference in Kingston and The National Lacrosse Association, a governing body for the sport, was born.

Through the turn of the century, the game continued to grow. But by 1915, enthusiasm for the sport had dwindled because some people felt the game was becoming too competitive and professional.

In 1925, lacrosse organizers across Canada wanted to revitalize the sport. The Canadian Amateur Lacrosse Association, which had split up years before, was re-created. They made the Minto Cup, a silver cup that was donated by Canada's governor general, Lord Minto, in 1901, became the award for the senior championship.

The game evolved even more during the 1930s.

At that time, hockey was also a popular sport, and organizers wanted to find a way to integrate the two games. So, they decided upon indoor lacrosse, also known as box lacrosse.

It centred around speed and action, and was well received by both the fans and the Canadian Lacrosse Association. By the mid-1930s, box lacrosse was the official sport of the CLA.

## Lacrosse alive and well in K-W

By BRANDI STEVENSON

Canada's national summer sport is alive and well in the Kitchener-Waterloo region.

Lawrie Hallman, general manager for the junior A lacrosse team, the K-W Braves, says the team has been around since 1967, originally as a junior B team.

Hallman has been with the Braves since 1971 when he started out as a player and was first introduced to the sport at the age of five, when his older brother played. "I wasn't really into playing baseball, it was too boring. Soccer wasn't really exciting, so I started playing minor lacrosse," he says.

Hallman says the game has changed substantially and has gained popularity since he played. The equipment has changed a lot. Traditionally, lacrosse was played with wooden sticks and heavy equipment. Today, most players use plastic sticks with aluminum shafts and much lighter pads.

"(Players) are not as protected as they were before," says Hallman.

He predicts the sport is going to get quicker in the future, adding that the league is trying to make changes to the sport which will enable players to score more goals. He says the nets will probably get bigger and the size of the goalie equipment will be restricted as well. "Everything they do is kind of done around speed and goal scoring," he says.

The general manager is looking forward to a good season with the Braves, which starts off Friday, May 3 at the Waterloo Recreation Complex. "This year, we'll be expecting more from them," he says, adding that they had 15 rookies out of 18 runners last year.

"Right now it's a very strong team," he says. "It's still very young and growing with maturity." The players have been on the same team all of their lives, so they mesh well. Hallman also knows they can win, since they've won some provincial championships together at the minor level.

Besides providing some local entertainment, the Braves have also produced some professional players. Among the team's alumni are Philip Wetherup and Josh Black, who both play for the New York Saints, Matt Disher of the Ottawa Rebels, and Bob Watson, Colin Doyle and Aaron Wilson, all members of the Toronto Rock.

Wilson, who wears number 10 for the Rock, has been playing lacrosse since he was about six. Colin Doyle, a fellow teammate, introduced him to the game, and he's been in love with the sport since then.

"I wasn't really into baseball or soccer. Lacrosse seemed interesting, so I tried it and I just loved it from day one," he says.

It was a dream come true for the 22-year-old when he was signed by Toronto last year. "There's no other team I'd rather play for than the Toronto Rock," he says. "When I tried the jersey on for the first time, it was a proud moment."

Wilson, who is also a student at the University of Waterloo, admits balancing school and playing is hard sometimes, especially because he's gone every weekend and a couple of week nights during the winter. "You try and concentrate on school when you have to, and when it comes time to play lacrosse you just concentrate on that," he says.

**"I wasn't really into baseball or soccer. Lacrosse seemed interesting, so I tried it and I just loved it from day one."**

Aaron Wilson,  
Toronto Rock player

Wilson would like to see the National Lacrosse League grow, and the key to that growth is the players. "As a pro league we want the game to get as big as possible, and the only way that's going to happen is if more kids play." But the league has to grow slowly, to prevent the talent from getting watered down.

"Hopefully in 10 years from now we can say (lacrosse) is a major professional sport, right there next to baseball, hockey and football," says Wilson.

Right now the Rock is ranked first in the Northern Division of the NLL, while the Buffalo Bandits are number one in the Central Division and the Philadelphia Wings lead the Eastern Division. Toronto and Buffalo have secured a playoff spot and earned a bye in the first playoff round. The Rock will host a semi-final playoff game on the last weekend of April.



## CREATING OPPORTUNITIES FOR THE NEW MILLENNIUM

If you meet the criteria and are entering your last two years of college or undergraduate university studies, this scholarship, worth \$4,000 to \$10,000, may be for you

The award recognizes community service, academic achievement, leadership and innovation.

To see if you are eligible and to obtain application material, including deadline information, visit our Web site at:



[www.millenniumscholarships.ca/incourse](http://www.millenniumscholarships.ca/incourse)

(Texte français au verso)





(Photo by Nick Horton)

Bojan Djokovic, a member of Conestoga College's men's indoor and outdoor soccer teams, was the recipient of the men's athlete of the year award at the 35th annual sports athletic banquet held at the Edelweiss Sports Tavern April 2.

# Varsity athletes honoured at banquet

By JAMES K. DOYLE

Conestoga Athletics held their 35th annual athletic awards banquet on April 2 at Edelweiss Sports Tavern.

The banquet was celebrating the accomplishments of Conestoga's varsity athletes.

All of Conestoga's varsity sports were represented, including women's varsity fastball, men's and women's outdoor and indoor soccer, golf, badminton, hockey and rugby.

The night's biggest winners were Ruth Yzerman, a member of the women's fastball and badminton teams, and Bojan Djokovic, a member of the men's indoor and outdoor soccer teams, who both walked away with Athlete of the Year honours.

This was Yzerman's and Djokovic's second year winning

the award. Yzerman also won the team MVP award for her play on the fastball team along with a scholarship and was named to the league all-star team.

Djokovic was named as the men's outdoor soccer team's MVP and received a scholarship and honours on the league all-star team.

Each team gave out two awards, a coach's award and MVP. Joining Yzerman from the women's fastball team was Kira Girard, who received the coach's award.

Christine Gomes won the coach's award with Sarah Sauer being named the women's soccer MVP. Sharon Wynja won the coach's award for the women's indoor team and Amanda Drexler was named MVP.

Shannon Machado received the coach's award for the men's outdoor soccer team, with Djokovic

taking home the MVP. The men's indoor team named Miro Orasanin the recipient of the coach's award and Dino Vukmanovic won the MVP.

The golf team's coach's award went to Scott Morison with Dave Erdman being named the team's MVP and Erin Gibbings won the badminton coach's award and Tony Purkis won the MVP.

Kyle "Grandpa" Gratrix was the rugby's team's coach's award winner with Sean Carpenter taking MVP honours.

The rugby team was even able to bring some rugby traditions to the banquet with all the members of the team chugging their beers after the rugby awards were handed out.

Ryan Ferguson won the coach's award for the hockey team and Andrew McDermott and Jeff Young shared the MVP honours.



## Couch potatoes? French fries? IT ALL ADDS UP!

**C**ouch potatoes, not French fries, may be to blame for obesity. That was the catchy title of a recent article exploring the many factors involved in effective weight management.

We have long blamed improper diets for creeping weight gain. More a proper body weight, but active living is crucial, too. In fact, they are a dynamic duo.

The rate of obesity in children, teens and young adults is on the rise. With an increased intake of "fast and junk foods" combined with sedentary lives as a result of TV, computers and video games, generation "X" is quickly becoming generation "XL".

"Balance and moderation are what we need," suggests Judy Toews, a registered dietitian and author of a book on raising "weight-wise" kids. Toews notes, "Nothing we eat is absolutely perfect or entirely bad. It's simplistic to claim some foods are good for us, while others are 'junk.'"

All foods can fit into a healthy diet, but some foods must be eaten in moderation. Making small changes in your lifestyle can make a big difference in helping you reach your weight loss goals. Here are some ideas to help get you started:

In a journal, record everything that you eat and drink for the next 3 days. Be sure to include **what** you eat, **how** much and the **time** you eat. After the 3 days ask yourself the following questions

- 1 How often were you active?
- 2 How long did you do each activity?
- 3 Did you enjoy what you were doing?
- 4 How many "other" foods did you eat (those high in sugar, fat or alcohol)?
- 5 How frequently are you eating?
- 6 Were you really hungry or did you eat for other reasons (just because the food was there, you were out with your friends)?

Losing weight and keeping it off can be challenging. The key to successful weight loss and maintenance is a combination of following a low calorie, low fat diet and being physically active for 30-60 minutes per day. To make the necessary changes, begin by setting reasonable and specific goals. Monitor your progress to measure that the goals you set are reasonable, realistic and attainable.

Establishing healthy habits at an early age is essential. As the old adage says, "When it comes to bodies, there's only one per customer."

Your family doctor, a registered educator or community fitness specialist can provide more helpful information.

**Eat right  
Exercise too  
Ask your doctor  
you**



[www.participaction.com](http://www.participaction.com)

## Time for Leafs to suck it up

By NICK HORTON

The playoffs are finally here. It's time for the Toronto Maple Leafs to prove what they're made of.

The Philadelphia Flyers plan on spoiling Leaf fans' hopes of a Stanley Cup. The chances of this happening are quite good. The fact is, both teams match up fairly well and to give favourable odds on either would be foolish.

Both teams are entering the playoffs playing great hockey. The Flyers ended the regular season on an eight-game unbeaten streak (6-0-2) and except for Toronto's loss to Ottawa, the Leafs are also playing very well.

The Leafs beat up on the Wild, Devils and Capitals before losing to the Senators in the last game of the season. The game was played with little or no intensity by both teams as it had no playoff implications and the last game of the season is rarely played balls out.

"There was a lot of joking going

on out there. It wasn't much of a serious hockey game," said forward Tie Domi after the game.

A big question mark for the Philadelphia Flyers is their goaltending. Can Roman Cechmanek stand tall in the playoffs? Cechmanek posted 33 wins this season, his second 30-win season in the three years he has been in the league.

The Flyers have more than enough scoring talent on their team. With the likes of Simon Gagne, Jeremy Roenick, Michal Handzus, Tony Amonte, John LeClair and Mark Recchi to name a few, the Flyers can only wait for their chance to play spoiler.

"We have nine new players, Toronto has seven," Dallas head coach Ken Hitchcock said in an April 4 article by The Associated Press. "The sweaters are the same, but the players have changed."

Flyer winger Mark Recchi says the team is ready.

"We want to go into the playoffs

playing well. We feel good," he said.

But does Philadelphia really have a chance against a team that is built for the playoffs?

If Toronto were to get beaten in the first round of the playoffs, it would be a devastating blow to the organization. Players like Owen Nolan and Phil Housley were brought in to win a cup, not to flop in the second or third round, let alone the first.

The Leafs really have too much depth and grit on the team to bow out. And we can't forget about Ed Belfour. On April 1, the Eagle became only the seventh NHL goaltender in history to post 400 regular-season wins. He now joins a club that includes the likes of Patrick Roy, Terry Sawchuk, Jacques Plante, Tony Esposito, Glenn Hall and Grant Fuhr.

The series, like many, will be decided by the goaltenders. Belfour dueling it out with Cechmanek, pick the Eagle.

## RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

### VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

### HEADACHES

Sudden, severe and unusual headaches

### WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

### TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

### DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



**HEART  
AND STROKE  
FOUNDATION**

Seek immediate medical attention if you have any of these symptoms.



# Welcome to the **STRESS-FREE ZONE**

Tuesday, April 15, 2003

&

Wednesday, April 16, 2003

11:30 a.m. – 1:30 p.m.

**Room 1B26**

*Massage*

Take a break and

**RELAX**

during the stressful  
exam time.

*Reflexology*

*Aromatherapy*

**DROP-IN**

and enjoy some Relaxation  
tips and techniques.

*Healthy  
Snacks*

*Humour*

**Sponsored by CSI and Student Services**